



Begin your journey toward wellness! The DelaWELL program focuses on awareness, education and coaching and provides you - employees, retirees as well as your dependents - with many opportunities to improve and manage your health. Taking care of our health is important and now is the time to think about, not only your benefits, but the health and the wellness options available to you and your family through the DelaWELL program.

The DelaWELL Health Management program includes options to fit your needs and health goals whether you are in good health and want to maintain it, are ready to make changes to get healthier or are living with a chronic health condition. Programs are free and participation can earn you an incentive!

What is the DelaWELL Health Management Program?

- DelaWELL is a comprehensive wellness and condition care program with exciting enhancements available July 1, 2012:
 - ✓ **Confidential**, online Wellness Assessment
 - ✓ Onsite Biometric Health Screenings to include blood pressure, cholesterol and glucose testing
 - ✓ Health Coaching
 - Weight loss
 - Stress
 - Physical Activity
 - Tobacco Cessation
 - Healthy Heart
 - Diabetes
 - ✓ Condition Care Programs
 - Asthma
 - Coronary Artery Disease
 - Chronic Obstructive Pulmonary Disease
 - Diabetes
 - Heart Failure
 - Back Pain & Osteoarthritis
 - ✓ Online Health Resources to include Healthy Living Programs, health articles, drug database, newsletters, journals, health trackers, quizzes and more

- ✓ Onsite and online Health Seminars on self care, weight loss, nutrition, fitness and other important health topics
- ✓ Wellness Challenges that encourage participants to practice healthy behaviors
- ✓ *NEW* \$0 copay on Prescription Tobacco Cessation Medications beginning July 1, 2012
- ✓ *NEW* Worksite and Online Weight Watchers Programs that can help participants earn Gold Level incentive status
- ✓ Confidential Nurse24 line at 1-866-674-9103
 - Provides direct access to a registered nurse to answer health-related questions 24 hours a day, 7 days a week, 365 days a year
 - Information on routine illness and minor injury

Who can participate?

The DelaWELL program is available to individuals who are currently enrolled in a State of Delaware Group Health Plan (non-Medicare plan)

Who can earn an incentive?

Benefit eligible state agency, school district, charter school and higher education employees, as well as state non-Medicare eligible pensioners, who are currently enrolled in a State of Delaware Group Health Plan, can earn incentives for participating in program activities from July 1, 2012 through May 31, 2013.

- ✓ Silver Level: Complete an annual Wellness Assessment AND Health Screening to earn a \$100 incentive.
- ✓ *NEW* Participants who complete the Silver Level activities by October 15, 2012 will receive an “Early Bird” payment of \$100 in a December 2012 paycheck.
- ✓ Gold Level: Complete a Wellness Assessment, Health Screening AND actively participate in a Health Coaching Program, Condition Care Program or Weight Watchers to earn a \$200 incentive.

Participants who complete the Silver Level activities after October 15, 2012 or earn Gold Level status will receive their incentive payment in a July 2013 paycheck.

For more about DelaWELL, visit <https://delawell.alerehealth.com> or contact the Alere Nurse24 line at 1-866-674-9103, 24 hours a day, 7 days a week.